

# Grilled Beef Steaks with Espresso-Bourbon Sauce



Total recipe time: 35 minutes

Makes 4 servings



## Ingredients

4 beef tenderloin steaks, cut 1 inch thick (about 4 ounces each) or 2 well-trimmed boneless beef top loin (strip) steaks, cut 1 inch thick (about 2-1/2 pounds) 🍖  
Salt and pepper

### Espresso-Bourbon Sauce:

1/4 cup bourbon  
1/4 cup maple syrup  
1/4 cup reduced-sodium soy sauce  
1 tablespoon fresh lemon juice  
2 teaspoons instant espresso coffee powder  
1/8 teaspoon black pepper

## Instructions

1. Combine all sauce ingredients, except pepper, in small saucepan; bring to a boil. Reduce heat; simmer, uncovered, 8 minutes or until sauce is thickened and reduced by about half, stirring occasionally. Stir in pepper. Keep warm.
2. Place steaks on grid over medium, ash-covered coals. Grill tenderloin steaks, uncovered, 13 to 15 minutes (top loin steaks 15 to 18 minutes) for medium rare to medium doneness, turning occasionally. Season with salt and pepper, as desired. Serve with sauce.

## Nutritional Information Per Serving

Nutrition information per serving, using tenderloin: 274 calories; 25 g protein; 15 g carbohydrate; 9 g fat; 551 mg sodium; 71 mg cholesterol; 4.0 mg niacin; 0.4 mg vitamin B6; 2.2 mcg vitamin B12; 3.7 mg iron; 4.8 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, iron and zinc.

Nutrition information per serving, top loin (strip): 315 calories; 32 g protein; 15 g carbohydrate; 10 g fat; 570 mg sodium; 81 mg cholesterol; 6.3 mg niacin; 0.5 mg vitamin B6; 2.1 mcg vitamin B12; 3.3 mg iron; 5.6 mg zinc.

*Cook's Notes*



Funded by The Beef Checkoff